



Body, Mind & Spirit

Astrological Guide to Love and Romance

Sydney Omarr

Llewellyn Publications

978-1-56718-505-8

(February 28, 1999)

Sydney Omarr, a world-renowned astrologer and syndicated columnist, shares a wealth of information in his book *Astrological Guide to Love and Romance*. Omarr's book is based solely on the zodiac placement of one's sun at birth and is therefore easy for anyone to use. The book is divided into twelve chapters; each devoted to a single sign of the zodiac, Aries through Pisces. Individual chapters are divided into two parts. In the first part of every chapter, Omarr exposes the psychological complexities inherent in each sign, thus, laying bare the subconscious desires, insecurities, fears and impulses that drive us in the realm of human relationship, sex and romance. The second half is devoted to exploring how an individual born under that zodiac sign acts in relationship to others. This format makes it simple for the reader to match his or her sun signs to that of his or her lover, friend or foe.

This book is insightful. Although, at times the text is strewn with astrological lingo such as "sextile," "significator" and "house cusps," it's an enjoyable and informative book for anyone unfamiliar with astrology. The reader is cautioned, however, that sun based astrology only scratches the surface of an individual horoscope. This book invites us to question our behavior within our most intimate relationships.

Wendy Stout O'Brien